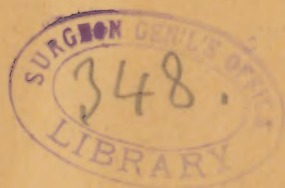
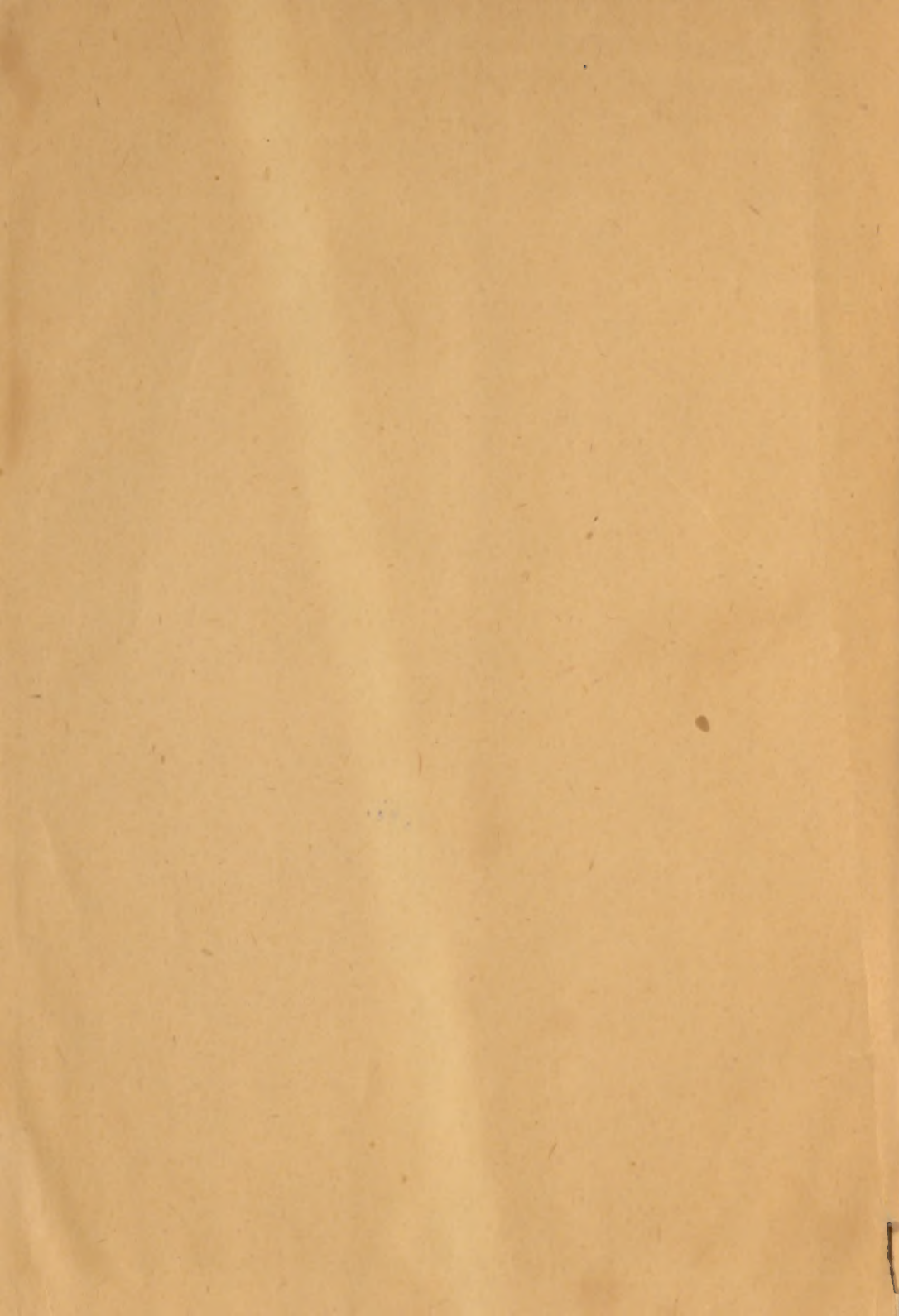


GETCHELL, (F. H.)

Directions for the management
of infants during the warm
weather





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FOR THE

MANAGEMENT OF INFANTS

DURING THE WARM WEATHER:

PREPARED AT THE REQUEST OF THE

Executive Committee

OF THE

CHILDREN'S FREE EXCURSIONS.

By F. H. GETCHELL, M.D. ✓

CHAIRMAN OF THE MEDICAL STAFF OF CHILDREN'S FREE EXCURSIONS.

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CLEANLINESS.

The infant should be bathed once every day in pure, soft, milk-warm water. The best time for bathing is in the morning, an hour or two after eating.

The water should be high enough in the tub to cover the chest; for if it is only up to the waist, and is then splashed over the shoulders, evaporation chills the surface, and the infant takes cold.

Soap should not be used, for the reason that the skin is protected by an oily secretion that keeps it soft and pliable. The soap removes this, and makes the skin rough. The salty part of the perspiration, left on the skin, is what you want to remove, and that will dissolve in warm water.

The child may remain in the bath from five to ten minutes.

When you take the child out of the bath, rub it briskly with soft flannel.

If, for any reason, the bath cannot be given, the child may be washed on the lap, by using milk warm water and soft cloths. Wash part of the child, dry it, and cover it up, and in that way keep the child covered, except the part that you are washing.

Be sure to remove, at once, all damp or soiled clothing; and the skin should be carefully cleansed from every vestage of impurity arising from any cause.

CLOTHING.

Flannel that is soft and light should be worn next the skin; by the looseness of its texture it affords a greater surface for the gradual evaporation of the perspiration, and thus conveys it away, without producing too sudden depression of temperature.

The clothing should be simple, light, and loose: simple, that it may be readily put on and taken off; light, as is consistent with due warmth; and loose, that the movements of the limbs and body of the child may be in no way constrained by it.

The frock of the infant should always be high in the neck, with sleeves to the wrists; the material may be thin, but in this changeable climate the neck and arms should be protected by at least one thickness.

Every article of the child's dress should be changed at bed-time; and the clothes worn at night should be lighter than those worn during the day.

SLEEP.

The desire for sleep, like the appetite, is periodical, and the child should be put to bed at regular hours; the room should be darkened, kept quiet, and the child allowed to sleep as long as it will. If properly managed, but little solicitation will be required to induce sleep; and on no account, except by the direction of your physician, should any drug be given to quiet the child, or make it sleep. The soothing syrups for sale in the shops all contain opium; and the child that gets it to-day, will not sleep without it to-morrow. The appetite is destroyed, digestion interfered with. The child becomes puny, and sinks under the first malady with which it may chance to be attacked.

The greatest astonishment would be excited were it generally known how many children die every year from quack cordials, given to promote quiet and sleep.

AIR.

Keep the windows open day and night. The child will live several days without food, but it cannot exist as many moments without air. It will die in time if it has only half the food required by the system; so it will suffer and die just as surely if one-half the air it has to inhale has been previously breathed.

The time children suffer most from being compelled to breathe re-breathed air, is during the night. Always have a window down from the top in the room in which children are sleeping. The air should not blow upon them; but if it so happens that there is no place for the bed but directly in front of the window, a blind or a curtain will regulate the draft.

Take the child to the park; give short trips on the river, and out to walk in the evening; but don't wake it up at four o'clock in the morning to take it out; sleep is better for it.

FOOD.

Infants, until they are seven months old, require nothing but breast-milk. It should be given once in three hours, care being taken that the infant does not take too much. If the mother has no milk, cows-milk, with the addition of a little white sugar, may be given; for infants under two months, about one-fourth water may be added.

The milk must always be warm, and the infant should take it from a nursing bottle; and the mother must be very particular as to the amount

given. In the majority of cases this is too large, and is the chief cause of vomiting in infancy. Three ounces, or about six tablespoonsful, is all that should be given at one time, until the child is three months old, when it may be gradually increased.

Prepare it fresh every time you give it to the child, and be very careful that the nursing-bottle is perfectly clean.

If the milk cannot be kept perfectly sweet, it must be boiled.

Give the child cold water, a little and often, but see that it does not drink too much at once. It has no judgment of its own, and the mother must be the judge.

The nursing mother must be very particular about her food during the hot weather, for, if she eats food of an indigestible kind, the character of her milk is changed, and the child is sure to suffer.

After the child is seven months' old it will require, besides the milk, such food as arrow-root, corn-starch, or grated cracker cooked with milk, and it should be thin enough to be taken from the bottle.

Raw beef may be given once every other day. It should be finely grated, a little salt added, and a teaspoonful thoroughly mixed with the same amount of cracker dust. Prepared in this way the disguise is complete, and the child will take it readily.

SICKNESS.

If the child is sick, send at once for your physician—the life of the child may depend upon his seeing the case early. Much may be done by the physician to arrest disease, if taken in time; when, if neglected for even a few hours, it may be beyond control.

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Getchell F. H.

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